

### OUR PRAYER LIFE

**POPE LEO'S PRAYER INTENTION: FEBRUARY** For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

**Please pray for all who are lonely or housebound; those who are sick, at home or in hospital, all undergoing treatment and all visited by our Eucharistic Ministers.**

*If you would like to receive Communion at home, please call the Parish Office.*

**OUR SICK:** During all Sunday masses we pray for our sick and those struggling with life and all who have died recently and anniversaries, **and all parishioners are invited to say out people's names in the spaces provided by the reader during the Bidding Prayers**

**OUR RECENTLY DEPARTED:** John Lynch, Margaret Cross, Tommy McGuinness, Brenda Ryan, Paul Sullivan, Jamie Gordon

**IN LOVING MEMORY:** Patrick Edmonds, Thomas Spellman, Sarah Grady

### MINISTRY MATTERS

**Mass ministry rotas** for February and March are in the sacristy for all.

**SAFEGUARDING** means all of us making sure children and vulnerable people are safe and welcome among us. Thank you to Carol McMullen who is our new parish leader, and has done training to help us.

### GIVING SERVICE IN THE PARISH

We are asking now for **NEW VOLUNTEERS** to give service as:

- Communion Helpers
- Chaperones for Communion to homes
- Readers
- Greeters at mass
- Collectors at mass
- Taking some of Ann Johnston's work load: help in the Piety Shop, with jobs in Holy communion Catechesis
- Sacristy learning

### SOCIAL LIFE IN THE PARISH

#### **Saturday Evening Social -**

7.30pm all welcome, bring your own drinks, £2.50 donation! Good company in a safe setting.

#### MONEY MATTERS:

LAST WEEK'S OFFERTORY was £712.43 plus £283 standing orders. Thank you.

**A Parish Accounting on the First Sunday of Lent** has always been my custom: things are going well, now roughly balancing income and expenditure last year. The Archdiocese continues to keep us going by subsidising a large debt in the parish. **Your donations** in the offertory are what we depend on, do keep up your great generosity, and if you haven't yet, please have a go at a Direct Debit, and Gift Aid if you pay tax, and NEW now is the **card payment system** at the entrance to church....use a bank card or phone, easy instructions there. **THANK YOU TO ALL**

### LIVING THE LITURGY

**The first way** the victory of Christ was preached to the world was as a champion conquering the power of Satan who ruled the world, infecting all humanity.

**In today's Scriptures** we learn that when the Holy Spirit was given to live in Jesus he was led to a time of testing, trial and challenge. This was for him to learn **HOW to live out what God wanted** him to do. It was through temptations that he was tested, tutored and strengthened; temptations from the enemy of God's will, the serpent of Adam and Eve, the devil, Satan **Jesus was able to overcome Satan and the temptations** because he had:

- The Spirit of God to show him Wisdom through his prayer
- God telling him what to do and say, the Word of God through Scripture, "it is written"

Unlike Adam and Eve who were deceived by Satan, and hide from God, Jesus conquers the power of Satan and stays faithful to God's wishes. We know that then Jesus lived his whole life like that, obeying God not evil through what the Spirit showed him and told him. Later he was able to overcome the ultimate temptation of Satan to reject the suffering of the cross: "he was obedient even unto death on the cross"

**So it is that Christ Jesus is able to share with us** the powers that helped him stay true to God. We also are given for Lent:

- The Spirit of God to show us Wisdom through our prayer
- God telling us what to do and say through his Word

### PRAYER DURING LENT

This is for us to be more united to Christ's Spirit in the spiritual combat:

#### **CENTERING PRAYER DAY**

Teaching and practice of this beautiful way of silent, simple prayer in the presence of God, lovingly active within you.

**Fr Richard Sloan** is a wonderful teacher: Saturday 21st March, 10 til 4 in St Teresa's Church, including simple lunch. No charge: places must be booked by contacting [st.teresasng@rcaol.org.uk](mailto:st.teresasng@rcaol.org.uk)

**The Irenaeus Centre** have special Lenten Evenings held on Tuesdays at 7pm and also Scripture mornings reflecting on the theme "Blessed Are You." - For more information and Zoom links please contact: [centreirenaeus@gmail.com](mailto:centreirenaeus@gmail.com) "Pray as You Go" and other websites....

### FASTING DURING LENT

This is cutting back on usual things that matter to us, to let God know he matters more to us!

**Food** is traditional....**CAFOD FAST DAY** is this Friday, 27th, envelopes from church

### GIVING DURING LENT

**Giving Money** is traditional, called "Almsgiving": to those in need

**Lenten Alms** in the box will be donated to Woodlands Hospice

**FOODBANK** is still a good way to give: put something in the supermarket place, or bring to the box at the back of church:

**imperishable foods only please**

**GIVING TIME** for loving company and attention is a big giving these days

### **SPIRITUAL EXERCISES DURING LENT**

**The ENNEAGRAM** is a great spiritual guide to “Finding our selves in God and finding God in ourselves”: and enables a marvellous **SPIRITUAL JOURNEYING**.

**Hugh Stradling** is a warm and very able teacher who leads us in discovering our make up: what makes us tick, why do we struggle with x, y, z ?? 3 sessions at 7.00pm in the parish house: **STARTS THIS Thursday: Feb 26th, then March 5th & 12th Please sign up** to reserve your place and leave contact details at : [st.teresasng@rcaol.org.uk](mailto:st.teresasng@rcaol.org.uk)

### **LISTENING SESSIONS IN LENT:**

**Listening to others** has always been a help to Catholics, hearing others speak of living faith with its ups and downs.... TRY IT OUT with friends from mass, after the Sat 6pm mass and Sunday 10am mass.....see Fr Tony

**THE ASKING TIME**....on Wednesdays at 7.30pm in church, is our invitation for anyone curious, interested or with a call from God, to **enquire about our Catholic faith** and life. Fr Tony is there then to discuss any questions....and offer entry to our RCIA to any who wish when it starts again in Autumn.

**OUR RCIA FRIENDS** commit today in the Cathedral , and have their retreat Day in Carmel on Saturday 14th March.

### **PARISH LIFE & LEADERSHIP**

**The Parish Council** is going well, helping to ensure good decisions with the priest in organizing matters: we meet this week....suggestions for the agenda welcome.

**The Family Steering Group** with Queen of Martyrs is doing great work: we next share the **Lent Reconciliation Service** at 7.00pm on Thursday 10th March in Queen of Martyrs ( our last one was in Advent here) and also planning now for: **CONFIRMATIONS:** all Catholics in Year 8 or older are invited to sign up for this year’s celebration: visit the **Liverpool-called** website or give details to us in the parish office ASAP

**Our Holy Communion Catechists Team** is precious and meet this Thursday, planning for the next weekend with this year’s families, Sat/Sun March 7th /8th

**OUR NEW PARISH WEBSITE** is being designed and launched by Monica Francomb and we hope to have it up and running NEXT weekend. THIS WEEK-END it is our of action because in transition.

**If you want a newsletter by email**....do contact Annie in the office.

**THE PORCH QUIET ROOM** is nice and warm with its own screen, for adults to take out the children if they get TOO noisy TOO much! Thank you....



**St Teresa’s, Norris Green** Sedgemoor Road, L11 3BW

Parish Priest: Fr Tony Slingo. Deacon: Rev Donagh McKillop.

Email: [st.teresasng@rcaol.org.uk](mailto:st.teresasng@rcaol.org.uk) Tel: 0151 226 1354

Website: [stteresasnorrisgreen.com](http://stteresasnorrisgreen.com) Administrator: A. Welsh

Joined with St Matthew’s and Queen of Martyrs in Synodal Family of Parishes

**SUNDAY 22nd FEBRUARY 2026**

**1st SUNDAY OF LENT**

	<i>Spiritual &amp; liturgical Life</i> Morning prayer Tues - Thurs 9.15am <b>Mass in HOUSE - Thursday &amp; Friday</b>	<i>Parish &amp; Community Life</i> <b>School RETURNS</b>
<b>Mon 23 Feb</b>	NO MORNING SERVICES ON MONDAYS	<i>Church Cleaning -new helpers welcome</i> 4.30 Starletts Dance Troup -social centre
<b>Tues 24 Feb</b>	<b>9.30:Mass :</b> Sp Int M&J Laffan 10.00 Faith for Life group 4.00 spiritual Counsel 7.00 RCIA	11.30 Community Café: Christ Church 12.00 Parish Council 3pm Knit & Natter: house 5.30 Starletts dance
<b>Wed 25 Feb</b>	<b>9.30: Mass Sp Int A, S &amp; Family, T, I &amp; family</b> 11.00 & 3.30 Spiritual counsel 2.30 H/Com Parents Time in church 6.00 Lectio 6.30 Meditation 7.30 The ASKing Time in church	10.00 School Ministry
<b>Thurs 26 Feb</b>	<b>9.30 Mass (House) ILM T.Spellman, S.Grady</b> <b>2.00 Funeral Service - Jamie Gordon</b> 7.00 Sharing Scripture in the House <b>7.00 Enneagram #1 -(prayer room)</b>	12.30 School Ministry 2.20 Holy Communion in school 4.30 Starletts Dance Troupe—social centre 6.30 Holy Communion Team meeting
<b>Fri 27 Feb</b>	<b>CAFOD FAST DAY</b> <b>9.15: Contemplative Eucharist (HOUSE):</b> Sp.Int. Colette & Terry	2.00 Citizens Liverpool
<b>Sat 28 Feb</b>	11.15 Baptisms	
	<b>Sunday 1st March 2026</b> CAFOD COLLECTION	<b>2nd SUNDAY OF LENT</b>
<b>SAT EVE: 28 Feb</b>	5.00pm Counsel & Confessions in church <b>6.00pm Mass RD G.Stott, M.Davies</b> ....after mass: Lent Listening Session	7.30 Saturday Night Social in the Centre
<b>SUN 1 March</b>	<b>10.00 Mass -Our Parish Vision:</b> Christening Welcome/ RCIA session ....After Mass: Lent Listening Session <b>6.00 Mass - RD H.Williamson, S.Jones</b>	

Please invite others to join us at mass, or livestream :

[www.churchservices.tv/teresanorrisgreen](http://www.churchservices.tv/teresanorrisgreen)

Aintree Hospital Catholic Chaplaincy 0151 529 3191. Funeral Ministers: 0151 226 1354  
SVP Hardship help: 07763429896 Archdiocese Website: [liverpoolcatholic.org.uk](http://liverpoolcatholic.org.uk)